

Picture Perfect?

Making sense of ourselves online



The Open University



Rose Capdevila and Lisa Lazard School of Psychology & Counselling Faculty of Arts & Social Sciences have been carrying out research on how we make sense of ourselves and others through the posting of images online. Based on their research findings, they have written articles for The Conversation – a global online news provider – as well as featuring in documentaries for OpenLearn and the BBC.



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Selfie culture isn't the root of all evil

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The idea that selfies are somehow damaging our mental health is spreading. There is concern that there may be a link between an apparent recent rise in mental health concerns in millennials and taking, editing and posting selfies online.

As a relatively recent phenomenon, most of us are still trying to get our heads around the potential impact of "selfie culture". So when people aren't worrying over what selfies say about our psychological well-being, they're talking about digital narcissism – particularly when it comes to teenage girls.

We assume that selfies encourage a preoccupation with self image and that this is intensified by editing facilities and filters that allow people to present their best look. The result of this process, some argue, is general unhappiness with our appearance because it makes us focus on what's bad about how we look – our flaws, our blemishes, our imperfections.

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Smile, everyone's sick of us. [via shutterstock.com](http://www.shutterstock.com)

Sharenting: why mothers post about their children on social media

Lisa Lazard, The Open University, Abigail Locke, University of Bradford, Charlotte Dann, University of Northampton, Rose Capdevila, The Open University, Sandra Roper, University of Bedfordshire

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<http://fass.open.ac.uk/research/groups/networking-families>